

FIESTA SALAD

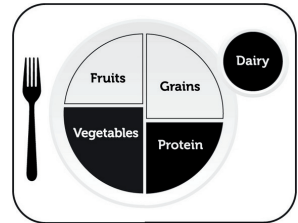
INGREDIENTS

- 1 medium head **romaine lettuce**
- 2 medium **tomatoes**
- 1 small **sweet onion**
- 1 (15 ounce) can **pinto beans**
- 1 clove **garlic**
- 1 tablespoon **vegetable oil**
- ½ pound **ground turkey**
- ½ teaspoon **chili powder**
- ¼ teaspoon **salt**
- ½ cup shredded **reduced-fat cheddar cheese**
- Optional:
 - **Salsa**
 - **Plain Greek yogurt**
 - Chopped **avocado**
 - Chopped **Chinese parsley (cilantro)**

30 minutes

11 servings
(1 serving = 1 cup)

low fat
low sodium



DIRECTIONS

Always practice food safety when cooking.

- 1) Chop lettuce into bite-sized pieces. Set aside.
- 2) Chop tomatoes and onion into ½ inch pieces.
- 3) In a large bowl, toss lettuce, tomatoes, and onion together. Cover and refrigerate.
- 4) Rinse and drain beans. Set aside.
- 5) Crush garlic.
- 6) Heat oil in a large pan on medium-high heat. Brown ground turkey and remove excess fat. Reduce to medium heat.
- 7) Add beans, garlic, chili powder, and salt to turkey. Gently stir to mix all ingredients.
- 8) Sauté for a few minutes until beans are heated through. Set aside to cool for a few minutes.
- 9) Add turkey and bean mixture to chilled lettuce, tomatoes, and onions.
- 10) Top with cheese.
- 11) Optional: Add salsa, Greek yogurt, avocado, and/or Chinese parsley.

NOTES

- Different canned beans, such as kidney, can be used.
- Dry beans may be used for less sodium. See “Beans” (page 9) in the “Food Basics” section for instructions on the preparation of dry beans.
- Red, white, and sweet onions are good onions to serve raw as they have a mellow flavor. If you only have yellow onions on hand, soak the chopped onion in ice cold water for about 30 minutes, then drain before using.
- Lean ground chicken or lean ground beef can be substitutions for the ground turkey. Shredded chicken or turkey can also be used.
- Use nonfat/fat-free cheese for a lower fat version.

Nutrition Facts	
11 servings per container	
Serving size	1 cup (151g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 1mg	6%
Potassium 268mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.